

Official Program Guide Let's Talk About Food

SATURDAY, OCTOBER 5
Copley Square, Boston
10AM - 5PM

LET'S • TALK *about* • FOOD

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Welcome to the Let's Talk About Food Festival 2013!

We are pleased to invite you to this wonderful and unique event.

The Let's Talk About Food Festival celebrates our curiosity, our delight, our community, and most of all, our respect for the central role food plays in our world.

We eat with our minds just as much as we eat with our mouths. We want to know about food in all its dimensions—where our food comes from now and where it will come from in the future, how our food is grown, how we cook it, how we feed our neighbors, and how food fuels our kids and us.

Four years ago, Louisa Kasdon, CEO and Founder of Let's Talk About Food, had the simple idea that creating community conversations around food could lead to a better food system for us all. Since its beginning, Let's Talk About Food has held more than 50 public events on topics from food labeling and food allergies, to sustainable seafood, school food, and the Farm Bill. This event, held in Copley Square, will be the highlight.

Over the next few days and nights, please join us. Kick off the festival with us at Trinity Church on Thursday night as we ask how New England can feed itself and how close we can get to sustainability. And on Friday, help us think about the complex issues of food, ethics, and community.

Come to Copley Square on Saturday and enjoy a full day of food for thought. In the spirit of Let's Talk About Food, each program is a conversation among celebrity chefs from Boston and beyond, nutritionists, and journalists—the people who grow and fish for our food, sell it, study it, eat it, and need it.

Have a cooking question? Step up to our Ask A Chef booth and talk one-on-one with one of Boston's best chefs. Have nutrition questions or concerns? One of the RDs of our Ask a Nutritionist booth will be on hand to help. Share your own food stories and memories at our Kitchen Conversations pop-up recording booth. Drop in and be part of the discussions at The Endless Table, a one-of-a-kind public seminar organized by our partners at The Museum of Science, where you can ask our experts questions that lead to a deeper understanding of all things food. Curious about growing your own food? Our experts at The Edible Garden, brought to you by Chipotle, will be on hand to offer guidance to all, tailoring solutions to where and how you live.

All day long, we invite you to Trinity Church where our partners at Project Bread have organized A Fresh Approach to Hunger, a community gathering where you can learn more about the organizations and community groups addressing food security and food access issues in our community.

And we'll end the day with Men & Women in Blue, a friendly cooking competition between our uniformed first responders.

We are appreciative of all the organizations and individuals who came together to make this event possible this year, especially our prime sponsor, Whole Foods Market.

It took a village the size of Boston to create Let's Talk About Food. Thank you to that entire village!



Let's Talk About Food is the brainchild of Louisa Kasdon, a long-standing member of the Boston area's culinary community. Kasdon is a food and health writer and a passionate advocate for public education around food and health. She started in the food world as a restaurateur, owning three restaurants before happily making the transition from preparing food to writing about it. Kasdon served as the food editor of the Boston Phoenix and has authored over 500 published pieces in regional and national publications. Kasdon is a winner of the M.F.K. Fisher Prize for Excellence in Culinary Writing and is a graduate of Wellesley College, M.I.T., and the Wharton School.

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LET'S • TALK *about* FOOD

🌿 SCHEDULE OF EVENTS 🌿

THURSDAY, OCTOBER 3, 2013**Trinity Church – 206 Clarendon St. Boston, MA****6:00 PM***A Town Hall Forum: Can New England Feed Itself?*

We talk about local and sustainable. Shop at the farmers markets and buy sustainable seafood. Yet today, much of our food still comes from other regions and countries. What would it really take for New England to feed itself? Is it even possible? What would it mean for our eating habits, the landscape and the local economy? Can our farmland keep up with the population? Sponsored by the Massachusetts Department of Agriculture.

RSVP Requested: <http://cannewenglandfeeditself.eventbrite.com/>

FEATURED SPEAKERS: U.S. Congresswoman **Chellie Pingree** (ME), a long-time advocate for local farms. **Gregory Watson**, Commissioner, Massachusetts Department of Agriculture and Resources. **Amanda Beal**, Network Team Member of Food Solutions New England. **Brian Donohue, Ph.D.**, Associate Professor of American Environmental Studies at Brandeis University. **Timothy Griffin**, Associate Professor and Director of the Agriculture, Food and Environment Program of the Friedman School of Nutrition Science & Policy, Tufts University. **Glynn Lloyd**, Co-founder of City Growers and CEO of City Fresh Foods. **John Piotti**, Executive Director of Maine Farmland Trust.

INTRODUCTION: **Lee Kane**, EcoCzar/Regional Forager, Whole Foods.

MODERATOR: **Andrea Shea**, WBUR

FRIDAY, OCTOBER 4, 2013**Trinity Church – 206 Clarendon St. Boston, MA****6:00 PM***Breaking Bread Together: A Conversation on Food, Ethics, and Community*

Food is so much more than what we eat. Food is both sustenance and celebration—the way we weave a community together, feeding ourselves and our families, and sustaining our neighbors in need. How do food justice, ethics and faith come together? How do we ensure a sustainable food system that provides enough for everyone? Can we get beyond emergency food solutions? Is genetic engineering of food necessary? And how do faith-based communities play a role?

RSVP Requested: <http://breakingbreadtogether.eventbrite.com/>

FEATURED SPEAKERS: **Fred Bahnson**, director of the Food, Faith and Religious Leadership Initiative at Wake Forest University School of Divinity. **Ellen Parker**, Executive Director of Project Bread. **Urvashi Rangan, Ph.D.**, Director of Consumer Safety and Sustainability for Consumer Reports. **The Reverend Patrick C. Ward**, Associate Rector for Worship and Communications at Trinity Church in Boston. **Poonam Ahluwalia**, Founder & Director, Youth Trade and YES Campaign.

INTRODUCTION: **Lee Kane**, EcoCzar/Regional Forager, Whole Foods.
MODERATOR: **Karen Givens**, WBUR

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SATURDAY, OCTOBER 5, 2013**Main Stage, Copley Square****10:30 AM***Raise Your Hand for Better School Food*

Why are so many things wrong with school food, and why is fixing it so hard? Chef Ann Cooper (aka The Renegade Lunch Lady) will answer these questions as she joins Jody Adams and Sally Sampson to show us ways to get kids turned on to real, fresh food.

FEATURED SPEAKERS: **Chef Ann Cooper**, The Renegade Lunch Lady. **Chef Jody Adams**, Rialto and Trade. **Sally Sampson**, Publisher, *ChopChop Magazine*.

11:15 AM*Shakshuka! Exploring Israeli food, beyond hummus and falafel*

Brunch in the Middle East is a lot more than bagels. It is fuel for the day—hearty grains, eggs, meats, vegetables, and fruits—intense food with flavors and spices to match. Join Israel's most famous chef and TV personality Gil Hovav and local chef luminary Michael Leviton of Lumiere and Area Four as they work their way through brunch, including Shakshuka, possibly the most exciting egg dish served anywhere in the Middle East.

FEATURED SPEAKERS: **Chef Gil Hovav**. **Chef Michael Leviton**, Lumiere and Area Four.

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SCHEDULE OF EVENTS

11:45 AM

Cooking for Geeks

Cookbook author and self-proclaimed geek Jeff Potter teams up with renowned local chef Tony Maws of Craigie on Main to share the science of food and cooking. Find out what you can do in the kitchen when you approach it like a laboratory!

FEATURED SPEAKERS: **Jeff Potter**, author. **Chef Tony Maws**, Craigie on Main.

12:30 PM

Funky Fermentation

Fermentation is not as mysterious or as stinky as its reputation will have you believe. Join Geoff Lukas, a chef with a physics background, and Jeremy Ogusky, a fermentation expert with a public health background, as they demonstrate a couple of fermentation techniques and talk about ways you can do it yourself at home.

FEATURED SPEAKERS: **Chef Geoff Lukas**, Sofra. **Jeremy Ogusky**, fermentation expert.

1:00 PM

The Mediterranean Diet

We've all heard about the benefits of the Mediterranean Diet—more fruits and vegetables and less saturated fat is the best recipe for energetic good health. Oldways director Sara Baer-Sinnott and Chef Ana Sortun take it a step further in this cooking demo and conversation about the dazzling range of flavors and culinary possibilities that Mediterranean food provides. Nutritionist Kathy McManus will

weigh in on how this approach to eating impacts our health.

FEATURED SPEAKERS: **Sara Baer-Sinnott**, Director, Oldways **Chef Ana Sortun**, Oleana and Sofra. **Kathy McManus**, nutritionist, Brigham & Women's Hospital.

1:45 PM

Great Grains

A diverse array of whole grains forms the basis of most world cuisines, but in the U.S., they're usually seen as an earnest side dish. Join *Ancient Grains* cookbook author Maria Speck and Harvest chef Mary Dumont for a talk and demo of some unexpected ways for grains to grace your table.

FEATURED SPEAKERS: **Maria Speck**, author, *Ancient Grains*. **Chef Mary Dumont**, Harvest.

2:15 PM

Let's Talk About Seafood

With our fishing industry struggling and access to some of our favorite seafood species limited, how can seafood lovers support our fishermen and discover great fish to eat? National Geographic Fellow Chef Barton Seaver will talk with Chef Nuno Alves and Skip Bennett, Founder of Island Creek Oysters to explore the issues faced in our fisheries. Together they'll prepare a dish to demonstrate the diverse seafood options waiting to be enjoyed.

FEATURED SPEAKERS: **Barton Seaver**. **Chef Nuno Alves**. **Skip Bennett**, Founder, Island Creek Oysters.

3:00 PM

I Can Eat That?

A walk in the woods can turn into dinner if you know what to look for and how to prepare it. *Wild Flavors* co-authors Chef Didi Emmons and farmer Eva Sommaripa, along with Beacon Hill Hotel and Bistro Chef Josh Lewin, demonstrate how bringing foraged ingredients into your kitchen will bring all new flavors and open up your cooking in exciting ways.

FEATURED SPEAKERS: **Chef Didi Emmons**, author, *Wild Flavors*. **Eva Sommaripa**, farmer and author, *Wild Flavors*. **Chef Josh Lewin**, Beacon Hill Hotel & Bistro.

3:30 PM

How to Fuel an Athlete

Any parent or coach who's worked with athletes knows how many calories it takes to maintain optimal performance. But where should those calories come from? Is a pepperoni pizza equivalent to piles of pasta and vegetables? Join Red Sox nutritionist Tara Mardigan, former Fenway chef Steve "Nookie" Postal, and Lisa Caldwell, chef nutritionist for Whole Foods Market as they demonstrate how to make healthy, energy-intensive food taste really, really good.

FEATURED SPEAKERS: **Tara Mardigan**, nutritionist, The Boston Red Sox. **Chef Steve "Nookie" Postal**. **Lisa Caldwell RD**, nutritionist, Whole Foods Market.

4:15 PM

Bean-to-Bar-to-Dinner

Somerville's Taza Chocolate is one of the country's bean-to-bar

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SCHEDULE OF EVENTS

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SATURDAY, OCTOBER 5, 2013**Main Stage, Copley Square**

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chocolate companies. Join founder Alex Whitmore as he describes the chocolate-making process and discusses how Taza sources its beans, while Ole chef Erwin Ramos demonstrates a mole sauce featuring Taza chocolate.

FEATURED SPEAKERS: **Alex Whitmore**, Founder, Taza Chocolate. **Chef Erwin Ramos**, Ole.

4:45 PM**Men and Women in Blue**

A tribute to the first responders to this past April's Marathon events. Join us for a friendly cooking competition among the public safety officials from Boston, Cambridge, and Watertown. Three cooks from the town teams will compete in a cook-off on stage and present their dishes to a panel of celebrity judges. Come cheer on our hometown heroes!

SATURDAY, OCTOBER 5, 2013**ON-GOING EVENTS****Main Stage, Copley Square****Ask-a-Chef**

A rotating roster of chefs will be available to answer your questions throughout the day. Co-produced by bostonchefs.com and Chefs Collaborative.

Ask a Nutritionist

Throughout the day, nutritionists will be on hand to answer your questions. Co-produced with Brigham and Women's Hospital, Healthworks, and Whole Foods.

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Kitchen Conversations

Come share your thoughts and memories about food. We will be creating an oral history of food at our recording booth on site.

Food as Fuel

An interactive food and fitness session, featuring Zumba sessions on the main stage. Produced in partnership with Healthworks.

Edible Garden

Want to grow your own vegetables and herbs but wonder if you can? The expert growers at Mahoney's have planted our garden and will help you find edible solutions no matter where and how you live. Sponsored by Chipotle, CitySprouts and Mahoney's.

The Endless Table

Have a question about food? Join us at the Endless Table, a facilitated public conversation about food, co-produced with the Museum of Science. There will be a host of topics, including food justice, school lunch, seafood, agriculture, labels and marketing and much more. Drop in to any discussion at any time throughout the day

Lexicon of Sustainability

The Lexicon of Sustainability, by artists Douglas and Laura Gayeton, is based on a simple premise: People can only begin to live more sustainable lives if they know the basic terms and principles that define sustainability. By illuminating the vocabulary of sustainable agriculture, this pop-up exhibit of large format "information art" photo collages engages people to pay closer attention to how they eat, what they buy, and where their responsibility begins for creating a healthier, safer food system in America. Learn the language and help Boston become an "idea incubator" that reshapes the community's relationship with our food, our farmers, and our environment. Sponsored by Museum of Science.

SATURDAY, OCTOBER 5 – ONGOING EVENTS
Trinity Church**COOKING DEMONSTRATIONS**

11:00 A.M. *Project Bread Chefs in School* – Chef Guy Koppe

12:00 P.M. *Massachusetts Farm to School*

1:00 P.M. *Chef Didi Emmons*

2:00 P.M. *Cooking Matters*

3:00 P.M. *Just Java* — A coffee conversation featuring Giorgio Milos, Illy Coffee; George Howell, Terroir Coffee; Corby Kummer, author and editor and Scott Meyer, Whole Foods Market

A FRESH APPROACH TO ENDING HUNGER

10:00 A.M. – 4:00 P.M. — Learn about the innovative ways organizations are addressing the issue of hunger in the community. Co-produced by Project Bread, this will feature a variety of non-profit organizations including Boston Natural Areas Network, City Growers, Community Servings, Cooking Matters, Dorchester Community Food Co-op, Groundwork Lawrence, Haley House, Lovin' Spoonfuls, Massachusetts Farm to School, Mill City Grows, Nuestras Raíces, and Project Bread.

MOVIE SCREENINGS

10:00 A.M. *Dark Rye* — Award-winning short films from Whole Foods

11:00 A.M. *More than Honey* — Oscar-nominated director Markus Imhoof (*The Boat Is Full*) tackles the vexing issue of why bees, worldwide, are facing extinction. With the tenacity of a man out to solve a world-class mystery, he investigates this global phenomenon, from California to Switzerland, China and Australia. With introduction by Lee Kane of Whole Foods Market.

12:30 P.M. *Dark Rye* — Award-winning short films from Whole Foods

1:30 P.M. *Sushi, The Global Catch* — In this meticulously researched documentary, filmmaker Mark Hall traces the origins of sushi in Japan to its status today as a cuisine that has spawned a lucrative worldwide industry. This explosion in demand for sushi over the past 30 years has brought with it problems of its own, as fish stocks have steadily depleted, threatening the balance of the ocean's ecosystems.



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SCHEDULE OF EVENTS

AUTHOR SIGNINGS

10:30 A.M. - 11:00 A.M.

Ed Jackson and Becky Sue Epstein,
The American Lighthouse Cookbook

11:00 A.M. - 11:30 A.M.

Fred Bahnson, *Soil and Sacrament*

11:30 A.M. - 12:00 P.M.

Ann Cooper, *Lunch Lessons*

12:00 P.M. - 12:30 P.M.

Scott Meyer, *The City Homesteader*

12:45 P.M. - 1:15 P.M.

Jeff Potter, *Cooking for Geeks*

1:30 P.M. - 2:00 P.M.

Sally Sampson, *Chop Chop Cookbook*

2:00 P.M. - 2:30 P.M.

Ana Sortun, *Spice*

2:30 P.M. - 3:00 P.M.

Maria Speck, *Ancient Grains for Modern Meals*

3:15 P.M. - 3:45 P.M.

Barton Seaver, *For Cod and Country; Where there's Smoke*

4:00 P.M. - 4:30 P.M.

Corby Kummer, *For the Joy of Coffee*

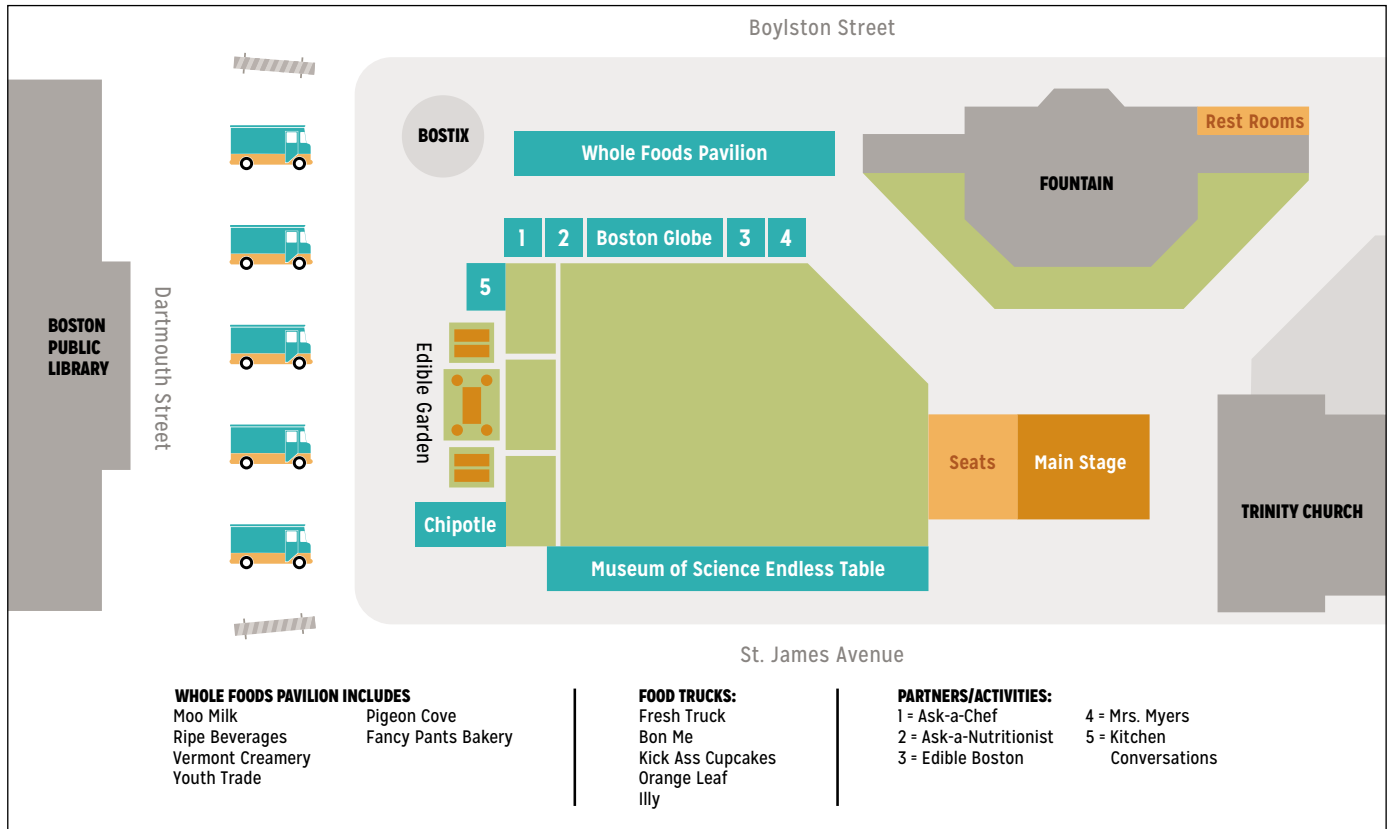
3:45 P.M. - 4:15 P.M.

Didi Emmons and Eva Sommaripa, *Wild Flavors*

4:15 P.M. - 4:45 P.M.

Steve Difillippo, *It's all About the Guest*

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Tassie, on Facebook

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